1595, that the Christians are bound to rest upon the Sabbath day and to keep it as the Jews did This doctrine is preached m divers places, the preachers alleging that to do any work on the Sabbath, or to throw a bowl, or make a wedding dinner, or to ring more bells than one is as great a sin as to commit murder or adultery This severe doctrine taketh such hold upon the people that the Bishops in sundry courts have rebuked ministers for preaching of it

$ih October MY LORD OF ESSEX

All men's eyes and ears are open to what it will please her Majesty to determine with the Earl of Essex who still remains close prisoner at my Lord Keeper's Her displeasure and indignation towards him is very great, the time at Court for the most part being spent about his affairs Yesterday Mr Attorney General was at Court, and it is said that the Queen conferred with him This morning the Lord Keeper, the Lord Treasurer and Mr Secretary were with my Lord of Essex from 8 in the morning till near n o'clock What articles were brought against him is not publicly known, only in imagination, as of his contempt by returning, that he followed not his instructions ; that his parle with Tyrone was dishonourable for the State , that he cashiered old soldiers, and made new, his own creatures , these and such like fancies men dream of, but what is truly handled is not truly known save to those who gravely govern under her Majesty She knows what by the laws of her Realm and by her own Prerogative she may do with my Lord of Essex , what she will do, Time will make known

$th October A BOOK FOR LADIES

Hugh Platt that formerly wrote of many and divers inventions hath compiled a book called *Delights for*

Ladies, to adorn their persons, tables, closets, and distillatories with beauties, banquets, perfumes and waters, the whole being in four parts and treating of the art of preserving and candying, secrets in distillation, cookery and huswifery, together with sweet powders, ointments and beauties

jtb October. FOREIGN RUMOURS.

From Brussels it is reported that there is much talk of the groundless alarm taken in England about the six galleys. Men